

Section 2. Essential Information

2.1. What's in this release?

The Pyramid Servings Database for USDA Survey Food Codes contains a large flat file that provides by food code, the number of Pyramid Servings in 100 grams of food. The database was produced by the Community Nutrition Research Group (CNRG), Agricultural Research Service, U.S. Department of Agriculture and has been released online from CNRG's Web site.

This database provides ---

- C the number of Pyramid Servings per 100 grams of food
- C Servings data for most codes in USDA's Food Coding Database for the Continuing Survey of Food Intakes by Individuals (CSFII)
- C documentation on the methods used to construct the Pyramid Servings Database
- C descriptions for the food codes listed in the Pyramid Servings Database
- C programs for creating and using Pyramid Servings intake records

2.2. What's new about this release?

This is the *first online release* of the Pyramid Servings Database.

Data results are now in ASCII fixed-format. For each food code, there is one long record containing serving amounts of each of the 30 Pyramid groups (record length is 255 characters). This is a change in format from the last release of the Pyramid Servings data in 1998. The new data format allows the file to be read easily into spreadsheets and is more compatible for use with analytical programs such as SAS® and Sudaan®.

Additional servings data is available allowing the USDA Pyramid Servings Database to be used with other food consumption surveys coded using the CSFII food codes, such as the Third National Health and Nutrition Examination Survey (NHANES III).

- C The database contains results for *ALL* foods in the USDA survey food coding database *EXCEPT* infant formulas and baby foods that were not consumed in CSFII 1994-96, 1998 or that were only reported consumed by infants or toddlers under 2 years of age. (Pyramid recommendations are for individuals 2 years of age and over.)
- C Servings data are included for approximately --
 - 5,500 food codes previously released for CSFII 1994-96
 - 190 new food codes added for CSFII 1998
 - 1,450 other food codes that were part of the CSFII 1996 food coding and recipe databases but which were not consumed in the survey or released as part of the CSFII 1994-96 Pyramid Servings Database
 - 3,770 food modifications reported in CSFII 1994-96, 1998

The database includes *programs* --

- C to generate individual Pyramid Servings intake records from the CSFII 1994-96, 1998 microdata (which is not part of this release and must be ordered separately) These same programs can be used as models for use with other surveys coded with USDA survey food codes. (See Section 6)
- C to model the processing steps to --
 - adjust servings intakes to those recommended for very young children
 - compare Pyramid Servings intakes for each sample person to the recommendations by age and sample meal patterns
 - assign dry beans and peas servings to the meat and bean group or to the vegetable group

2.3. Other important information about this release

Data are grouped by the five major Pyramid food groups (grain, vegetable, fruit, dairy, and meat) and selected subgroups as well as fats, added sugars, and alcohol -- 30 groups in all (see Table 1, page 3-5).

The Pyramid Servings Database for USDA Survey Food Codes was used to create summary tables on Pyramid Servings Intakes for U.S. Children and Adults, 1994-96, 1998. These tables --

- C can be downloaded directly from CNRG's Web site.
- C contain results from 18,071 individuals 2 years of age and older, who provided 2- days of dietary data in the Continuing Survey of Food Intakes by Individuals (CSFII) 1994-96, 1998.
- C *replace previously released summary tables* on Pyramid Servings Intakes . The new tables were required since:
 - new data on children birth to 9 years old became available (results include CSFII 1994-96 intakes combined with CSFII 1998 intakes for children 2 through 9 years of age, see Section 3.1.2)
 - *NEW* Pyramid recommendations for young children required changes to the methods used to report the number of Pyramid Servings consumed by children and the percentage of children meeting serving recommendations (see Section 5.3)
 - the recommendations for the dairy group servings have changed (see Section 5.1)

There are some foods in the Pyramid Servings database for which the number of servings from each of the 30 Pyramid food groups is zero (0). These foods include:

- C those that do not fit into any of the Pyramid food groups and that contribute little or no calories, such as coffee and tea without sugar or creamer; broth, bouillon, consomme; flavoring sauces such as mustard, soy, Worcestershire; fluid

replacements; spices, herbs, and other seasonings; plain gelatin; yeast; water; and nonalcoholic malt beverages.

- C infant formulas which are highly formulated products and in general do not reflect the traditional definition of foods in the dairy group or soy product. Infant formulas are included only if they were reported for an individual 2 years of age or older.

Before using the Pyramid Servings Database, refer to the *README.txt* file in the files downloaded through this online release. See also Section 4.1 for a tree diagram of all files provided in this release.

For additional information:

Online accessibility of the complete Pyramid Servings Database for USDA Survey Food Codes and summary tables for Pyramid Servings Intakes by U.S. Children and Adults, 1994-96, 1998 is available from the Community Nutrition Research Group's Web site, <http://www.barc.usda.gov/bhnrc/cnrg>

Information on the CSFII 1994-96, 1998 can be found at the Food Surveys Research Group's (FSRG) Web site: <http://www.barc.usda.gov/bhnrc/foodsurvey/home.htm>. Instructions for joining the SURVEY Discussion Group is also available from the FSRG Web site.

National Technical Information Service has information on obtaining the CSFII 1994-96, 1998 microdata <http://www.ntis.gov/fcpc/ntcallhs.htm#FoodInt>

The Food Guide Pyramids and Dietary Guidelines for Americans, are available from these Center for Nutrition Policy and Promotion (CNPP) Web sites
<http://www.usda.gov/cnpp/pyramid2.htm>
<http://www.usda.gov/cnpp/KidsPyra/index.htm>
<http://www.usda.gov/cnpp/Pubs/DG2000/Index.htm>